

Exercise your Mind & Body at

Lifeguard University

Aquatics 240-777-6860

- A FREE course for youth, male and female, age 13 and up who show interest and aptitude to become a lifeguard.
- This course will be offered at several pools.

This free course works to improve swimming skills necessary to enroll in the Lifeguard Training Class. Lifeguard basics will be introduced focusing on what it means to be a professional lifeguard and the opportunities available in aquatics. Students will be encouraged to register for one of our Lifeguard Training courses upon successful completion.

FREE

6 Sessions for each course

188150	Upper County	7/3	T,Th	3:00pm-4:30pm
188149	Long Branch	7/3	T, Th	11:00am-12:00pm